

## Wellbeing and Mental Health Resources

### **Mental health advice, information and support**

Mind is a mental health charity which provides advice, information and support for anyone with concerns about their mental health

[www.mind.org.uk](http://www.mind.org.uk) Information Line: 0300 1233393

Rethink Mental Illness offers advice, information and support for those with existing mental health conditions. [www.rethink.org](http://www.rethink.org)

Sane offers advice, information and support for those with mental health conditions. [www.sane.org.uk](http://www.sane.org.uk)

Anxiety UK is a national charity helping people with anxiety, stress or anxiety-based depression. It provides information, advice and specialist support.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) Helpline: 03444 775 774

The Royal College of Psychiatrists provide user-friendly and evidence-based information (including audio-resources) on mental health problems, treatments and other topics. The information is written by psychiatrists with help from patients and carers.

[www.rcpsych.ac.uk/mental-health](http://www.rcpsych.ac.uk/mental-health)

Papyrus UK is charity for the prevention of suicide in young people. It provides confidential support and advice for any young person struggling with thoughts about suicide, and anyone who is worried about a young person. [www.papyrus-uk.org](http://www.papyrus-uk.org) Helpline 0800 0684141

The Campaign Against Living Miserably (CALM) offers a free and confidential helpline and webchat for those in crisis and feeling suicidal.

[www.thecalmzone.net](http://www.thecalmzone.net) Helpline: 0800 585858

The Samaritans provide support for anyone in distress. They are available 24 hours a day, 365 days a year. Free phone 116 123 Text 07725 909090 [www.samaritans.org](http://www.samaritans.org)

Rethink Mental Illness provide support for those affected by mental illness through a network of local groups and services. [www.rethink.org/](http://www.rethink.org/)

Reading Well helps you to understand and manage your health and wellbeing using helpful reading. The books are chosen by health experts and people living with the conditions covered <https://reading-well.org.uk/books/books-on-prescription>

Useful templates to download to improve understanding of habits <https://jamesclear.com/atomic-habits/resources>

## Wellbeing and Mental Health Resources

### **Mental health advice, information and support continued**

Mindwell is a very helpful website with a lot of information on Mental Health. Specific to Leeds, resources can also be helpful for anyone in the UK : <https://www.mindwell-leeds.org.uk/>

Mental Health at work is a website dedicated to Workplaces' Mental Health, with resources, toolkits and stories to help visitors who might be struggling with work-related mental health issues and those who want to promote a better workplace culture. [www.mentalhealthatwork.org.uk/](http://www.mentalhealthatwork.org.uk/)

The Mental Health Foundation has also many helpful and supportive resources online. They also offer 'kits' including their green ribbons for mental health campaigns, specifically during Mental Health Awareness Week (every year in May) but also all year long [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

### **Finding a mental health professional**

Find a chartered psychologist - [www.bps.org.uk](http://www.bps.org.uk)

Find a cognitive behavioural therapist (CBT) - [www.babcp.com](http://www.babcp.com)

Find a psychotherapist - [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)

Find a counsellor - [www.bacp.co.uk](http://www.bacp.co.uk)

Find a psychiatrist - [www.psychiatry-uk.com](http://www.psychiatry-uk.com)

For both counsellors and psychotherapists - [www.counselling-directory.org.uk/](http://www.counselling-directory.org.uk/)

### **Psychological wellbeing**

Mindapples is a charity devoted to promoting better mental health and wellbeing for all. They offer innovative and accessible information, ideas and tools for anyone [mindapples.org](http://mindapples.org)

Headspace is a mindfulness/meditation app for those looking to develop their mindfulness skills and in turn improve their wellbeing. They are currently offering free subscription for a year to anyone who is unemployed. [www.headspace.com](http://www.headspace.com)

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### **Free mindfulness sessions**

The Oxford Mindfulness Centre (OMC) is offering weekly online mindfulness sessions led by a fully trained Mindfulness Teacher. These sessions are completely free and open to the general public, meaning no prior mindfulness practice is needed. These sessions can offer a space for people to experience grounding and connection, discuss the challenges faced, and support each other at a time when solidarity is most needed. Each session will be available as a free podcast shortly after for anyone who missed the live session (on Zoom conference call) or wishes to practice again.

Read more on their website [www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)

### **Gambling addiction and debt**

GamCare offer free information, support and counselling for anyone struggling with gambling.

[www.gamcare.org.uk](http://www.gamcare.org.uk)

They also run the national gambling helpline 0808 8020133

Gamblers Anonymous UK run local support groups (using the same 12 step approach as Alcoholics Anonymous) to promote recover from gambling addiction [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

They also run support groups for family and friends [gamanon.org.uk](http://gamanon.org.uk)

Stepchange is a specialist debt charity which offers free expert and impartial advice about debt

[www.stepchange.org](http://www.stepchange.org)

Helpline (free) 0800 138 1111

National Debtline provides free advice and resources to help people deal with their debts.

[www.nationaldebtline.org](http://www.nationaldebtline.org)

Tel: 0808 808 4000

Citizens Advice offers a full debt and consumer advice service. Many bureaux have specialist caseworkers to deal with any type of debt, including repossessions and negotiation with creditors.

[www.citizensadvice.org.uk/debt-and-money/debt-solutions](http://www.citizensadvice.org.uk/debt-and-money/debt-solutions)

Tel: 03444 111 444

*To the best of our knowledge, the information is accurate as at 10 July 2020. We have provided this guide for general information purposes only and does not constitute legal or medical advice.*